

PICKLEBALL

Pickleball

The pickleball action is spreading fast! Kids will get their first exposure to the fastest growing sport in America. Players will be introduced to the equipment, simple ball striking, game fundamentals, court safety and etiquette. You'll learn the rules of the game, grip, serving, volleying, forehand and backhand strokes. This class will work on hand eye coordination, footwork and concentration while participating in game-play and stations. Player favorites like Around the World, Popcorn, and Sky Ball will keep classes energized and FUN and give beginner players plenty of opportunities to build their confidence...Game, Set, Match!

Skills to focus on: Serving, Grip, Forehand, Backhand, Rules of the Game

Facilities: Pickleball can be played in gyms, blacktops, courts - be creative to make lines, walls, nets/barriers. Example, if outside on blacktop/concrete make court lines with sidewalk chalk.

***SPECIAL EQUIPMENT NOTE:** This program requires a net, either a portable one or onsite tennis/pickle court. Before offering or suggesting this program to a partner, you must make sure either the school/facility has a court net or that OTA has a portable net available. It also require special pickleball paddles and balls. Again, check to be sure this equipment is available.

Safety Concerns: Young players do not have much control over hitting the pickleball. Emphasize hitting lightly at first until they get a feel for it. Make sure rules are in place about swinging the paddle and where to stand when waiting your turn.

Tips: After the warm up and skill, most classes will involve matches. Make sure to include a round robin type of playing so that the same kids do not compete against the same person every class. Balls can be lost easily. Make the kids responsible for their balls.

Skills/Drills:

1. Getting Started
2. Rules of the Game
3. Grip/Stance/Footwork/Net Play
4. Forehand
5. Backhand
6. Serving
7. Doubles Matches

Games:

1. Find That Line
2. King of the Court
3. Popcorn
4. Ring Around the Rosie
5. Z Hits
6. Around the World
7. Target Practice
8. Circle Serving
9. Hangman
10. Speed Ball
11. Clean Up Your Backyard
12. Treasure Hunt
13. Numbers Game
14. Four Score
15. Simon Says
16. Soda Fountain
17. Relay Races
18. Sky Ball
19. Space Invaders
20. Mini Pickleball
21. Pickleball